

Waukesha County Nutrition Coalition Minutes

June 23, 2015

Attendees: Michelle Bertram, Mike Glasgow- ADRC; Pam Cesarec- Food Pantry of Waukesha County; Regina Estrada- Blessings in a Backpack; Christie Hanson- The Salvation Army; Mary Jo Michels- Waukesha County Public Health-WIC; Melinda Stuart- Smart Moves; Chris Beck- Healing Hearts of Waukesha Co Inc; Mark Schmitt, Chris Keadle- Kickstart Cooking-First Congregational Church; Kristal De La Paz- Waukesha County Community Dental Clinic; Melissa Hernandez-Steier- La Casa De Esperanza; Jill Herz, Jan Skell-UWEX.

Welcome, Introductions and Advisory Committee Updates: Michelle Bertram and Regina Estrada

On August 25th, WCNC will be holding a Community Food Challenge in place of the regularly scheduled coalition meeting. The Community Food Challenge is similar to a poverty simulation; the focus will be on the challenge limited-income individuals and families face in obtaining nutritious food. The simulation is an excellent staff training opportunity, so please feel free to bring colleagues from your agency to participate. UWEX Community Development Educator Steve Chimielewski and UWEX volunteers will be running the training. To sign up, please respond to the Eventbrite link: <https://eventbrite.com/event/17415730920/>

Last September, the WCNC organized the SNAP Challenge, inviting individuals known in the community (Mayor Reilly, Alderman Perry, etc.) to complete the challenge of living on SNAP dollars for 3 days. The challenge culminated in a celebration event attended by SNAP Challenge participants and WCNC members. We would like to host an event like this every year to help increase hunger awareness and WCNC visibility in our community. As a potential “event” this year, we are investigating the possibility of showing the *A Place at the Table* movie.

Presenter: Margaux Shields—Interfaith Mobility Manager – Transportation in Waukesha County.

The mission of Interfaith Senior Programs is to engage and support Waukesha County seniors in leading meaningful lives. Interfaith was formed by community agencies and a diverse group of clergy from different faith backgrounds. 72 congregations are involved, and many volunteers come from those congregations.

- **Faith in Action programs** served about 1,000 clients per year; the largest part of that is transportation services. **Transportation:** Served over 300 individuals last year, providing 4,660 rides to medical appointments, grocery stores, or food pantries. Transportation is provided by ~200 volunteer drivers, for ambulatory individuals and individuals with disabilities that are under 60. Now allowing 2 requests per week. Volunteers can assist with grocery shopping or grocery pickup from the store/food pantry if needed. **Caregiver Support:** The friendly visitor program gives seniors opportunity for socialization; a senior is paired with a volunteer visitor with similar interests. Telephone reassurance provides a phone call to seniors from a volunteer once per week. Respite care is a program to assist caregivers who are providing intensive care for a family member. **Safety/Security Services:** Volunteers provide help with minor home repairs, outdoor chores, and basic paperwork.
- **The Retired Senior Volunteer Program (RSVP)** is a program for adults 55 and older to volunteer in community and government agencies. It is part of a national movement called Senior Corps. RSVP currently works at 29 sites; most are in school districts in Waukesha County. Classroom volunteers help with tutoring, reading, or become a student’s pen pal. Volunteers also help to run Folk Art Fairs in elementary schools; volunteers help students experience history firsthand by explaining vintage objects, demonstrating hobbies, and teaching crafts. Last year, 328 volunteers participated in RSVP.
- Interfaith’s next Conversation Café session for caregivers is on June 30th. It is a 4-part series focusing on caregiver issues and caregiver support. More information is available at: <http://interfaithwaukesha.org/Events/Conversation-Cafe>
- **“Find a Ride” transportation services** are funded by a nationwide grant through the Federal Transit Administration. The goal of mobility management and transportation services is to work with individuals to identify transportation services that would best meet their needs. Will make referrals to appropriate services that an individual may need, such as RideLine and Senior Taxi. Interfaith publishes the *Find a Ride Waukesha County* booklet twice per year. The Find a Ride Waukesha website is also available as a resource: <http://www.findaridewaukesha.org/>

Agency Updates:

UW-Extension, Jan Skell—Continuing with nutrition education programs, which educate limited-income individuals and families through partnerships with agencies in Waukesha County. Jan will be retiring in the next couple of weeks after working as Waukesha County UWEX Nutrition Program Coordinator for 23 years. Jill Herz will be serving as Coordinator in the interim.

Food Pantry of Waukesha County, Pam Cesarec—The Food Pantry has a new bilingual client services assistant (Kostyn). The pantry now has two bilingual service assistants. The food pantry's garden is going well this year. ADRC recently distributed senior farmer's market vouchers over the course of 2 days, and many people are still interested. Currently taking sign-ups for school backpacks filled with supplies. Distribution will be in August.

UW-Extension, Jill Herz—Summer youth programs are in full swing. Currently teaching a series of 8 nutrition lessons at 9 parks in Waukesha, partnering with Parks and Rec program, as well as a handful of other youth groups such as the Salvation Army youth program.

The Salvation Army, Christie Hanson—Utility Assistance program has wrapped up. Feeding 100-300 kids daily at Sentinel Park, 11:45-12:30. Salvation Army Summer Youth Day Camp is every day throughout the week.

First Congregational Church, Mark Schmitt, Chris Keadle—Starting a Kick-Start Cooking for Kids pilot program on July 14th, emphasizing nutrition education for 4th-8th graders. Pilot will take place this summer; another 4-week program will run in October. The program is designed as experiential learning, allowing kids to prepare new foods, play educational games, and interact with new adults.

Waukesha County Community Dental Clinic, Kristal De La Paz—Serving adults for emergencies, older adults over 60, pregnant women, and children 0-18. Let WCCDC know if you need a referral.

La Casa De Esperanza, Melissa Hernandez-Steier—Working as Early Headstart home visit educator, focusing on child development and connecting families to needed resources. The Early Headstart program is for pregnant mothers and children 0-3. La Casa De Esperanza is currently in the process of planning for charter school and is currently taking applications.

Healing Hearts of Waukesha County, Chris Beck—Healing Hearts of Waukesha County offers grief support for children 4-18, helping children deal with grief from death, divorce, immigration, incarceration, or anything that takes a person from a child. Offering two 12-week sessions per year; the fall session will begin September 28th and the spring session will begin February 1st. Located at First United Methodist Church (program is not faith-based).

SMART Moves, Melinda Stuart—Melinda's new position is with SMART Moves, a business that works with seniors as they downsize. Eventual goal is to open a nonprofit arm of the business. Often seniors are transitioning from a larger home to a smaller home and want to donate items. If your agency is looking for furniture, dishes, household goods, etc., please give Melinda your wish list.

ADRC, Mike Glasgow—ADRC has visited 8-9 sites throughout the county to distribute Senior Farmer's Market Vouchers. Vouchers are good through October 31st. If your agency works with eligible seniors and would like ADRC staff to visit to distribute them, please let ADRC know.

Next Meeting: July 28, 2015, 9 am

Topic: Waukesha Co Child Protective Services with a speaker from HHS. This will be followed by a prep/planning for Community Food Challenge that is occurring in August (No speaker)